

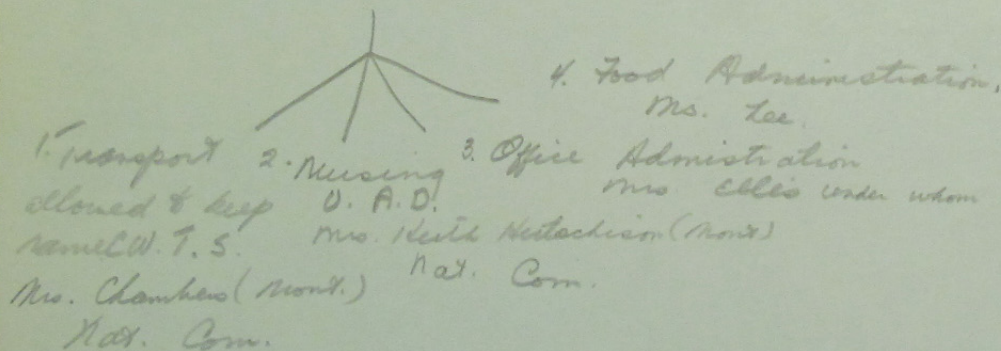
Using only individual toilet articles
such as hairbrush, comb toothbrush,
washcloth, towel & handkerchiefs.

C. R. C. C.

History.
Organization.
Ideals.

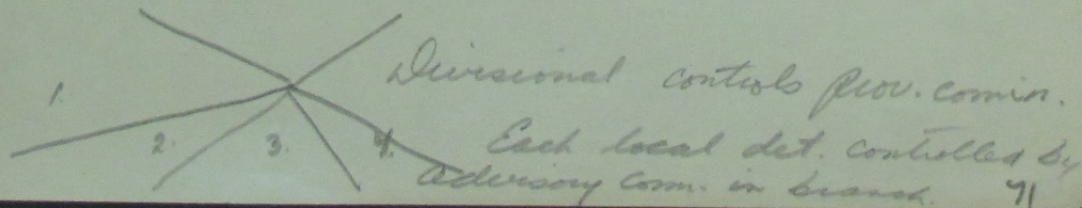
Part of R +

Purpose - In last War nearly all Nat. R+ soc. found necessary to have trained, discipline. Not 'til this war that C. R. C. C. realized same need. Formed under Nat. R. + Comm. ^{Exec.} Organized Transport Service. Entire problem June '40 under Mrs. Plumtree. Services primarily for R+ if necessary to release men for active service. ^{7th} Can. Wom. Trans. Serv. - other fields & sections opened - decided for 3 other sections. Nat. Corp Comm. 4 sections organized & authorized to W. O. F. C. Mrs. P. T. Nat. Cominbant.



Felt all services covered. As need comes further sections formed. Addition & corrections made as progressed.

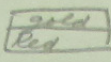
Nat. Ex direct 4 sect.

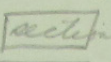
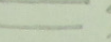


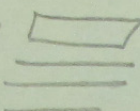
Link.

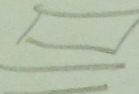
Ho' Nat Com - Div. advisory or
Branch "

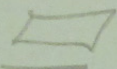
Conformed to all R. + policies & are
budgeted accordingly.


Nat Com - Navy uniform  + hats on Sho.


4 Nat. Com. wide 


Proc - navy 

Local Det  blue = major.

Assist 

Adj. 

2nd Lieut. 

4 sections of Corl

Transport - Kakai - red braid & insignia.

Nursing - (except Tor.) Combin. of R +
ST. John's Amb.

Reg - navy blue with light blue
braid & shirt.

Office Ad - Grey & green.

Food Admin - Air force blue with
narrow tie & braid insignia.

Ready to meet Emergencies & ready to meet personnel.

The Building up the Individual for Resistance against Communicable diseases is, ^{very} important. Health instruction is given in schools in order to make the child familiar with the factors necessary to obtain this Resistance.

1. Proper Diet and Nutrition.

The Teaching of food selection to all children makes them conscious of their own responsibility in determining to make their daily food a factor contributing to health and not working against it. They must have -

1. Habit of eating certain foods to ensure a well-balanced diet.

2. Sufficient knowledge of the part played by individual foods to make up for themselves suitable meals.

3. Knowledge of food value to satisfy varying requirements.

4. Ideas of relation of nutritive value to cost of food.

A simple dietary pattern if followed faithfully will provide at least the minimum requirement of each of the dietary essentials, usually with a generous margin of safety. For children the protective foods recommended are:-

1. 1 qt Milk O. milk.

2 servings of vegetables per day. Green or yellow veg. 3 or 4 times a wk - preferably daily.

Fruit per day 1 or 2 servings. Some raw.

Butter or better substitute well added A & A

Whole grain cereal or whole-wheat bread

1 or 2 servings daily -

10-2 servings of protein foods such as eggs, cheese, meat, fish or poultry.

Other foods containing ^{water} proteins, carbohydrates, fats, minerals and vitamins may be included from time to time. The emphasis however may be put on a proportionately larger amount of food and a greater need for proteins in the years of growth and activity.

II. Sleep.

1. Whenever possible the specified no. of hours, varying with age, should be spent in sleep. A rest period also varying with age should be encouraged in the middle of the day.

3. When special events cause exceptions to be made, provision should also be made for extra sleep and rest, either before or after the event.

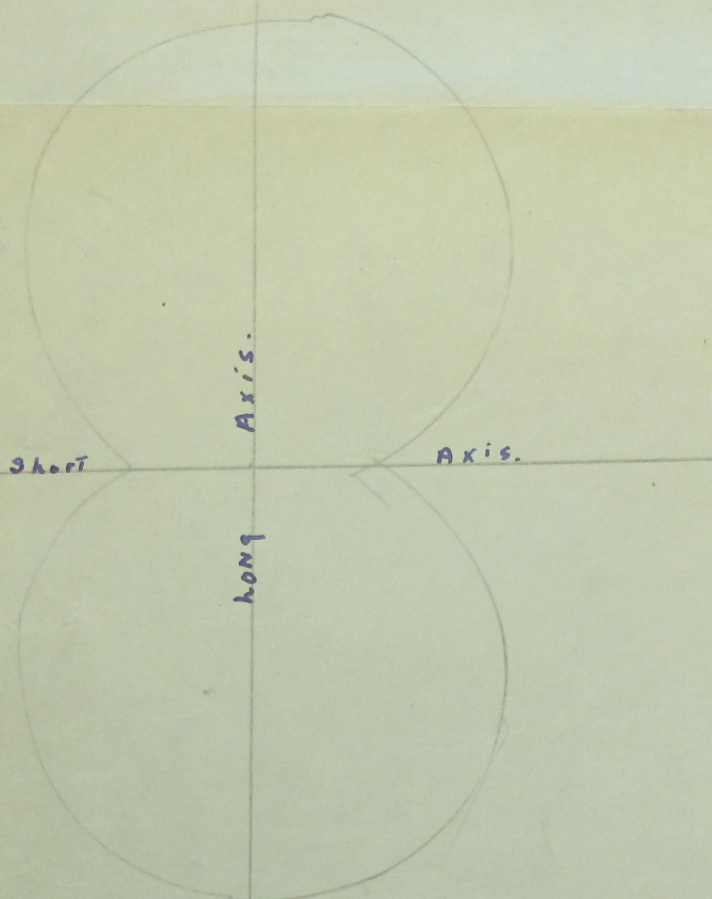
4. When sleep and rest do not express even tho adequate in amount, medical advice should be sought.


III. Sunshine And Fresh Air & Exercise.

Fresh air is necessary to keep the mucous membranes of the nose & mouth healthy. When they become dry a abnormal condition takes place which is more susceptible to infections. The right amount of air should be stressed so not to effect the body by draughts and insufficient amount which often causes colds or other serious illnesses.

Plenty of sunshine is needed in order to provide the essential VIT D. It also helps kill bacteria.

74 Preschool should have regular



1. Starting Position -  - The rt. ft. is along short axis - lt. on long.
2. Push off from edge of L. skate w blade " 2 long. Rt. ft. takes wt. along short axis on outside ^{front} edge.
3. R. Hd. ^{front} slightly across body. R. should. High - L Hd. back. L. kn well turned out (from hip) + toe down. This is 1st pos. & must be held until skate is at top of 1st 1/2 of fig 8.

Then: 1. Slowly straighten skate. kn.

2. Rotate skld. so that R. Hd. is Bk. & L. ^{front} at some time slowly bring free ft. ^{front} - pass it close by skate. ft. keep kn. turned out. kns. never come b-g. Keep free toe turned down.

To start 2nd 1/2 of 8 on like L. O. 7.

1. Bring free ft. abt 2 skate. ft + place it on ice " to skate. ft (which should be along sk. axis)
2. Now turn skate. ft. so that blade is almost " 2 long axis + push off.

W.S.T.D. - Canadian Red Cross Corps

University of Toronto

Test Based on General Civilian Training Course

WAR GASES

Answers to all questions should be brief and to the point.

1. Classify the types of non-blister and blister war gases in terms of (a) their general function (b) their effects on the human body.
2. Explain briefly the chief difference between "persistent" and "non-persistent" war gases and the effect on these of weather and temperature.
3. State very briefly the basic principles of construction of all respirators.
4. State very briefly procedure to ensure preservation of the civilian respirator.
5. Why is time so important in treatment of persons affected by blister gas?
6. What are the ingredients of "bleach ointment" and "bleach paste(or cream)"? When should each be used and how soon should they be removed?
7. What treatment is prescribed for eyes exposed to blister gas?
8. What action should be taken with food exposed to blister gas?

Procedure of Tripping.

Don't go if colds or menstruating.
Pack from trip room & pack
as lightly as possible.

Organize for benefit of having
children cook and plan.

Organizing Trips.

- ① Plan menus a day or at least
before trip.
- ② Take into account children's
wishes - (plan with them) weight
and bulk, length of trip, amt.
of portaging.
- ③ Consult with dietitian for meals.
- ④ Inquire about places to take
trips - safety, water supply,
swimming, wood supply, suitable
camp sites, fire regulations.
- ⑤ Discuss with lead tripping
counsellor - when leaving & returning.
- ⑥ Check campers health with nurse.
- ⑦ See that campers pack neatly
and lightly.
- ⑧ Make older campers realize they
don't go if colds or menstr.
- ⑨ Leave on time & return on time.
- ⑩ Hand on reports (on time).

- ① Report to director when leaving & return.
- ② On return any injury to nurse or doctor & report these yourself.

On Trip:

- ① If guides, take weak paddlers.
- ② Counsellor take strong paddlers.
- ③ Food pack in guide's, also tent.
- ④ See that children know what packs they are taking.
- ⑤ See that C are helped on & off with packs.
- ⑥ Keep children dry, warm and clean.
- ⑦ Insist that heads covered with bandanas or beret for hot sun or rain.
- ⑧ If too hot keep covered.
- ⑨ Have C. do as much cooking and planning as possible.
- ⑩ Get to bed on time.
- ⑪ Organize meals so everything is ready for everyone to eat together.

Duties

Soaping pots.

Cooking.

Sewing.

Dish washing (not clean pots)

Clean pots.

Wash dish towels.

2 responsible for keeping fire going.

Keep camp site orderly.

Seeing that guide is well fed.

- ② Set out supplies separately for each meal.
- ③ See that guides are fed well.
- ④ Serve them first.

Guides Toilet

- ① Make toilets.
- ② Make fires.
- ③ Put up tents.
- ④ His canoe goes first.
- ⑤ Carry canoes over portage.

Counsellor's Pack

- ① Small mirror
- ② Notes.
- ③ Small note book & pencil.
- ④ Extra blanket pins.
- ⑤ Watch of some kind.
- ⑥ Arranges camera.
- ⑦ Personal belongings same as C.



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